



S K I L S

Program Information Package

Kayak Rolling Instructor Course

Program Description

Gain Paddle Canada certification as a Kayak Rolling Instructor through a mix of online and in person course work. Prior to meeting as a group, participants will need to complete pre-course reading, online classroom assignments and review, as well as some preparatory exercises. This pre course work will help us take full advantage of our in person time. We will then spend a day together learning about the art of teaching rolling. Learn from your peers and hands on experience while we work to refine and expand your existing knowledge. This course is designed for existing Paddle Canada kayaking instructors who can roll and who ideally have some experience teaching rolling.



Paperwork Checklist

Please use the following checklist to ensure you have received and reviewed all the required documentation prior to the program start date:

- ✓ Paddle Canada Sea Kayak Rolling Instructor course info – please review
- ❑ SKILS Waiver – please review and sign with your instructor
- ❑ Paddle Canada Waiver – please review and sign with your instructor
- ❑ SKILS Medical Form – please bring a completed copy to your program
- ❑ Policy and Procedures Document – please review

Program Logistics



Program Prerequisites

- At least 16 years of age,
- Basic Kayak Instructor certification,
- Kayak Rolling skills certification or equivalent experience,
- The ability to roll a kayak confidently. It is strongly recommended that instructor candidates are able to roll confidently on both sides,
- Current certification in Standard First Aid with CPR (14-16 hours).

Our Classrooms

Our On-Line Classroom: GeoSKILS

A portion of this course takes place online at GeoSKILS, our on line learning portal. The self-paced online modules will walk you through much of the theory we will be putting into practice during the on water session. You will need access to the Internet in order to participate in this portion of the course. Expect to spend 3 to 5 hours, prior to the on water portion of the program, working through the online material. Details on how to access GeoSKILS will be forwarded to you with lots of time to prepare.

Our On-Water Classroom:

The in person portion of our program will be based at the waters edge in an environment that is conducive to teaching new rollers. Details about the specific location will vary from session to session but information on how to get there will be sent to you with lots of time to prepare. Please come ready to get wet and to spend a sizable portion of the day standing in, or upside down in, the water. Please bring ample food and clothing to stay comfortable for the day so you can maximize your involvement. We will meet at the beach at 8:30 am, have about an hour for lunch, and wrap up as close to 5:00 as possible.

Class Size

A minimum of 3 candidates is required to run this program while the maximum group size we adhere to is 6. The limited class size helps to ensure a rich learning environment with many opportunities for one-on-one coaching and feedback.

Registration

To register for this program please book online at www.skills.ca. Payment in full is required at the time of registration, and can be made by interact, cheque, money order, credit card or cash. No refunds will be issued within 30 days of the course starts. Please review the SKILS Policy and Procedures document.

Meals and Accommodation

Participants are responsible for their own food and accommodation throughout the program.

What to Bring

Please bring the following items (of good quality, in good repair and meeting Department of Transportation regulations) to the course:

- Sea kayak appropriate for rolling
- Paddle
- P.F.D. (Transport Canada Approved)
- Buoyant heaving line
- Change of clothing
- Immersion gear (ideally a drysuit, booties, gloves, etc.)
- Appropriate layers
- Protective footwear
- First Aid Kit / Repair kit / Emergency kit (all items that you would bring with you, or keep close at hand if you are not leaving the area, when teaching)
- Sunglasses, hat, sunscreen
- Water
- Paper & writing instrument

Objectives and Content

Objectives

The objective of this program is to combine your pre-existing instruction skills and sea kayak rolling skills to help you become a confident and effective sea kayak rolling instructor.



Outline for Success

To be successful in this program, participants will;

- Demonstrate an understanding of the mechanics of rolling a sea kayak, and how to effectively communicate this understanding to rolling learners,
- Be familiar with Paddle Canada's administrative processes,
- Understand the different ways people learn and how to accommodate for learning styles when teaching the role,
- Create and submit a lesson plan with clear learning objectives and outcomes for a rolling course,
- Clearly and confidently communicate a learning progression to a candidate learning to roll,
- Demonstrate good judgment, group management, safety, and communication when working with a group of learners.

Pre-Course Preparation & Assignments

Prior to meeting as a group, instructor candidates will need to complete some review and development exercises. This will ensure our time together is spent most effectively, focusing on as much hands on practice as possible and as little classroom based review as possible. The pre course work will be completed through GeoSKILLS, our on line classroom. Allow for approximately 5 hours of time to complete the exercises, which will include a review of Paddle Canada policies and procedures, a review of learning styles, an overview of rolling techniques, and preparation of a learning progression for teaching someone to roll.

Teaching Topics

Each participant will be asked to teach a roll of their choosing to one or more students. Please come prepared to teach a 10 to 15 min clinic, which will demonstrate the rolling progression you use to teach your roll of choice. The presentation should have the following:

- Each session will have a clearly delineated beginning, middle, and end,
- Each session will include a detection and correction session,
- Skills will be demonstrated in a manner consistent with your explanation (i.e. if discussing a sweep roll, demonstrate a sweep roll),
- Rolls will be of demonstration quality,
- Clear boundaries will be set for practice sessions,
- The instructor will offer feedback to each student,
- The instructor will foster a rewarding learning environment by using positive language,
- The instructor will foster a rewarding learning environment by using a range of appropriate teaching aids and techniques including on water activities and games,
- The instructor will role model ethics and values consistent with the Paddle Canada community of sea kayak instructors,
- The instructor will offer relevant, constructive feedback, phrased in a non-threatening manner, to the other instructor candidates during debriefing sessions.

Lesson Plans

After the program instructor candidates will be asked to write and submit a lesson plan for a Paddle Canada rolling course. This exercise will be done through the online classroom. The lesson plan should include:

- Clear articulation of specific learning outcomes
- Clear criteria for assessment

- Timelines
- Clear progressions
- Opportunities for a variety of learning styles



Each segment should be organized with:

- A clear introduction
- A middle that identifies common errors and solutions
- Guides to identifying common errors
- A defined end

Evaluation

While there is no formal assessment in this program, evaluation will comprise of continual ongoing assessment throughout the program including both in person and online work. In addition to paddling skills and teaching ability, instructor candidates will be assessed for leadership and professionalism consistent with a good sea kayak instructor. These qualities include punctuality, good communication skills, and overall preparedness. Instructor candidates will be provided with feedback from the instructor trainer.

Course Outline

Shown below is a generic outline for the Sea Kayak Rolling Instructor Certification Program, but please be ready for change and uncertainty in how your program will unfold. We will do our very best to tailor this program based on the expectations of the participants. Factoring the skills and experience of the program participants, the requirements of the course, and the elements you will be playing in, your instructors will strive to take advantage of any and all learning opportunities as they arise. The program will be altered to provide participants with as rich, unique, and rewarding an experience as possible.

	Morning: 830 – 1230	Afternoon: 1330 - 1700
Pre	Pre program reading and assignments to be done through our on-line classroom, GeoSKILS. Please complete all portions of the pre course work prior to day one.	
In person	<ul style="list-style-type: none"> • Introductions • Paperwork • Discussion (warm ups, safety, equipment, teaching aids, classrooms, realistic expectations) • Discuss and share rolling progressions 	<ul style="list-style-type: none"> • Teach your peers your rolling progression (off side rolling for peer to peer teaching practice) • Discuss and review common rolling problems • Detect and correct practice
Post	Final assignments, including submitting a lesson plan and learning outcomes, to be completed through GeoSKILS.	